



May 2022 Programs

All programs are free! Age 18 and up.

www.southshorepeerrecovery.org - 781-378-0453

Sundays

Gosnold Family Education and Support Meeting – Sun 11am - 12:30 pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Peer-led support and education group that is facilitated by clinician from Gosnold.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/499635631>.

Meeting ID: 499 635 631. PW: sspr. Or dial in at (929) 205-6099.

Yoga for Recovery – Sun 6:30pm-8pm – **Back In-Person & Online (Center) New Time!**

51 Cole Parkway, Scituate MA 02066

Yoga for Recovery “connects the dots” between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. Sixty (60) minute, 12-step-based discussion and yoga practice. No yoga experience is required. Kathleen Picardi is a yoga instructor and woman in long-term recovery.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/194335786>

Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.

Mondays

“Faith Finders on Main” Discussion Group – Mon 6:30-7:30pm – **In-Person & Online (Weymouth)**

1584 Main St. Weymouth MA

This peer facilitated discussion group explores principles of spirituality, and how the concept of a Higher Power can positively transform one’s recovery journey. The goal will be for participants, over time, to attain a positive perspective through prayer and meditation, to transform their fears into love, leading to living life in the present moment and, ultimately, to peace of mind. The group meets weekly, on a drop-in basis, to read and discuss a variety of publications related to spirituality and recovery. Selections may include but are not limited to: *The Sermon on the Mount* by Emmet Fox, *A Course in Miracles* scribed by Helen Schucman, *A Return to Love* by Marianne Williamson, *The Power of Now* by Eckhart Tolle, *The Four agreements* by Don Miguel Ruiz and *Become a Better You* by Joel Osteen. Materials are provided, and no advance reading is required. All backgrounds, pathways and perspectives are welcome, including loved ones. Kristen Cole-Esson and Robert Egan co-facilitate.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/99434370418>

Meeting ID: 994 3437 0418. PW: sspr. Or dial in at (929) 205-6099.

Alcoholics Anonymous ‘Scituate Young People Group’ – Mon 8-9:00pm – **In-Person & Online (Center)**

51 Cole Parkway, Scituate MA 02066

Join Zoom meeting online by clicking this link on your phone or computer <https://zoom.us/j/99175276534>.

Meeting ID: 991 7527 6534. PW: sspr. Or dial in at (929) 205-6099.

Mindful Meditation – Mon 5:30-6:30pm – **In-Person & Online (Center)**

Mindful Meditation will be going on summer break beginning of June

51 Cole Parkway, Scituate MA 02066

Mindful meditation practices will be explored and new and seasoned practitioners are welcome. This class will offer gentle movement that feels good for the body and soul and will integrate breathing practices to ready the body for meditation. This class is facilitated by Joy Kingsbury, MS OTR/L, RYT-200. She has been guiding meditations within the recovery community for 10 years and at South Shore Peer Recovery since 2014.

Join Zoom meeting online by clicking this link on your phone or computer <https://zoom.us/j/317206426>.

Meeting ID: 317 206 426. PW: sspr. Or dial in at (929) 205-6099.

Tuesdays

“New Beginnings” Women's Book Discussion Group – Tue 10-11:00am – **In-Person & Online(Center)**

51 Cole Parkway, Scituate MA 02066

This group will explore different themes, including self-esteem, friendship, relationships, spirituality, and hope. Topics will be shared from the well-loved book, “Each Day A New Beginning,” by author Karen Casey. Facilitator Carol Sasso, a woman in long term recovery, offers a friendly format for women to connect and seek support from one another on their recovery journeys. Join Zoom meeting online by clicking this link on your phone or computer:

<https://zoom.us/j/194335786>.

Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.

Refuge Recovery – Tue 7-8:15pm – In-Person & Online (Center)

51 Cole Parkway, Scituate MA 02066

Refuge Recovery is a Buddhist-oriented, nontheistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. No previous experience or knowledge of Buddhism is required. This is a 1-hour, 15 minute weekly group facilitated by Christopher M. Mandeville, a man in long-term recovery. Meetings are free of charge and all are welcome.

Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/317206426>.

Meeting ID: 317 206 426. PW: sspr. Or dial in at (929) 205-6099.

Wednesdays**Detox Acupuncture Group – Wed 7–8:00pm In-Person (Center)**

51 Cole Parkway, Scituate MA 02066

Kathy Duggan is a Licensed Acupuncturist with many years of experience. The group protocol of the National Acupuncture Detoxification Association (NADA) is used to alleviate symptoms of post-acute withdrawal syndrome, anxiety, sleeplessness, and to support ongoing recovery management. Full treatment takes about 45 minutes.

Thursdays**“Wake up and Walk” –Thu 6:45 a.m. – In-Person (Center)**

51 Cole Parkway, Scituate MA 02066

Join our volunteers and community for a walk from the SSPR drop in center to the Scituate Lighthouse and back.

**“New Beginnings” Women's Book Discussion Group – Thu 10-11:00am – In-Person & Online (Center)
*Additional Day to the Womens Group that meets on Tues.***

51 Cole Parkway, Scituate MA 02066

This group will explore different themes, including self-esteem, friendship, relationships, spirituality, and hope. Topics will be shared from the well-loved book, “Each Day A New Beginning,” by author Karen Casey. Facilitator Carol Sasso, a woman in long term recovery, offers a friendly format for women to connect and seek support from one another on their recovery journeys.

“Community Creations” – Thu 2-4:00pm. – In-Person (Center)

51 Cole Parkway, Scituate MA 02066

Peer drop in group for community interaction and creative expression to support recovery. Supplies, prompts and inspiration provided. Guest instructors and artists regularly participate to facilitate guided workshops on different forms of art.

Al-Anon “Scituate Harbor AFG” Group – Thu 5:45-6:45pm – In-Person & Online (Center)

51 Cole Parkway, Scituate MA 02066

Join Zoom meeting online by clicking this link on your phone or computer

<https://zoom.us/j/94832333226>

Meeting ID: 948 3233 3226

PW: shafg

Fridays**Spiritual Recovery – Fri 1-2:00pm – In-Person & Online (Center) New Time!**

51 Cole Parkway, Scituate MA 02066

This peer facilitated discussion group explores the principles of spirituality through the Life Recovery Bible and the twelve steps. The Life Recovery Bible is widely used in tangent with the 12 Step recovery programs and by individuals seeking help taking their life back from behaviors and substances that have held them captive. The twelve steps are the main focus including comparison with scripture. Group is facilitated by Pastor Michael Addison. Materials are provided and no advanced reading required. All are welcome. Join Zoom meeting online by clicking this link on your phone or computer: <https://zoom.us/j/194335786>.

Meeting ID: 194 335 786. PW: sspr. Or dial in at (929) 205-6099.

Additional Programs – Pre-Registration Required. Please contact Mark Mulhern @ 781-378-0453 or pre-register on the SSPR website!

Sober Softball – 1:00-4:00 pm Starts May 29th through October 30th

Central Softball Field #1, 63-69 Branch Street, Scituate, MA (Lawson Tower)

SSPR Sober Softball League Season 5. Play every Sunday, 1:00-4:00 p.m., June, July, August, September & October at Central Softball Field #1, 63-69 Branch Street, Scituate, MA (Lawson Tower) Be part of the team, co-ed, slow pitch. A great way to spend your Sundays with Family, Fellowship & Friends.